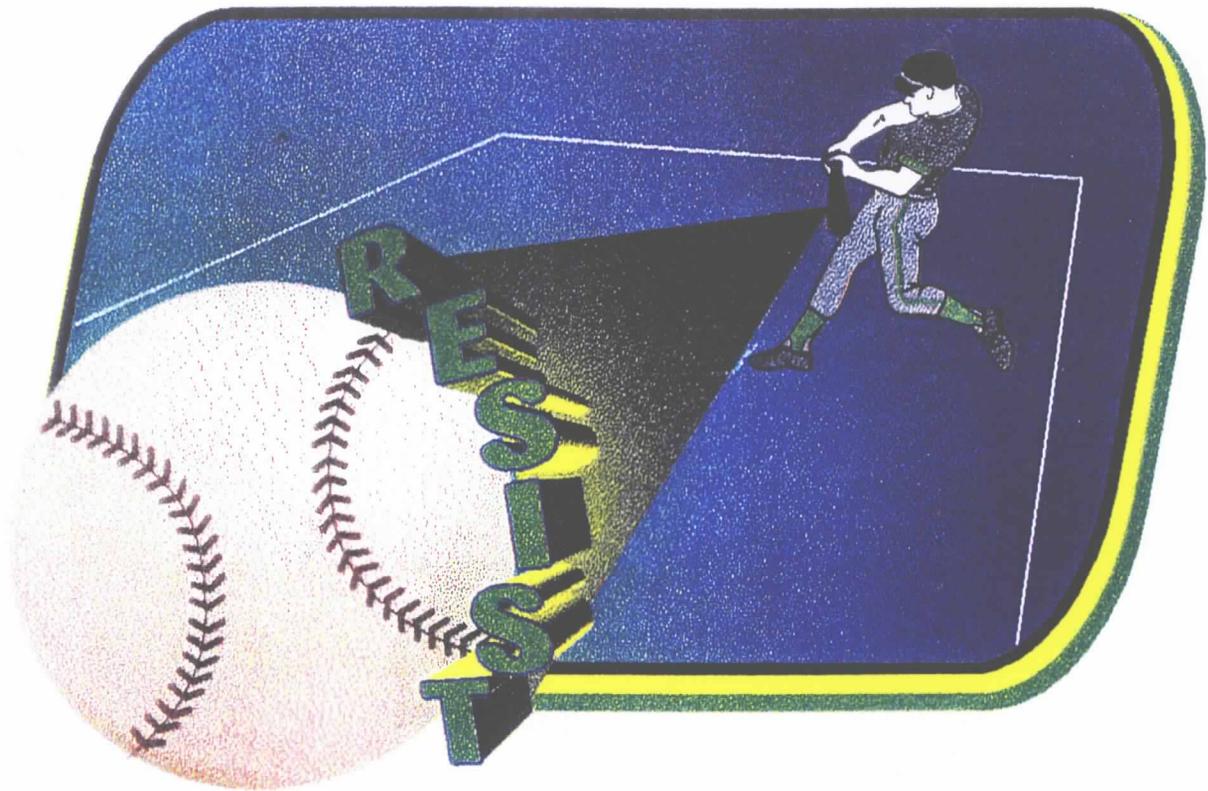


# RESIST

Research Education Solutions In  
Spit Tobacco

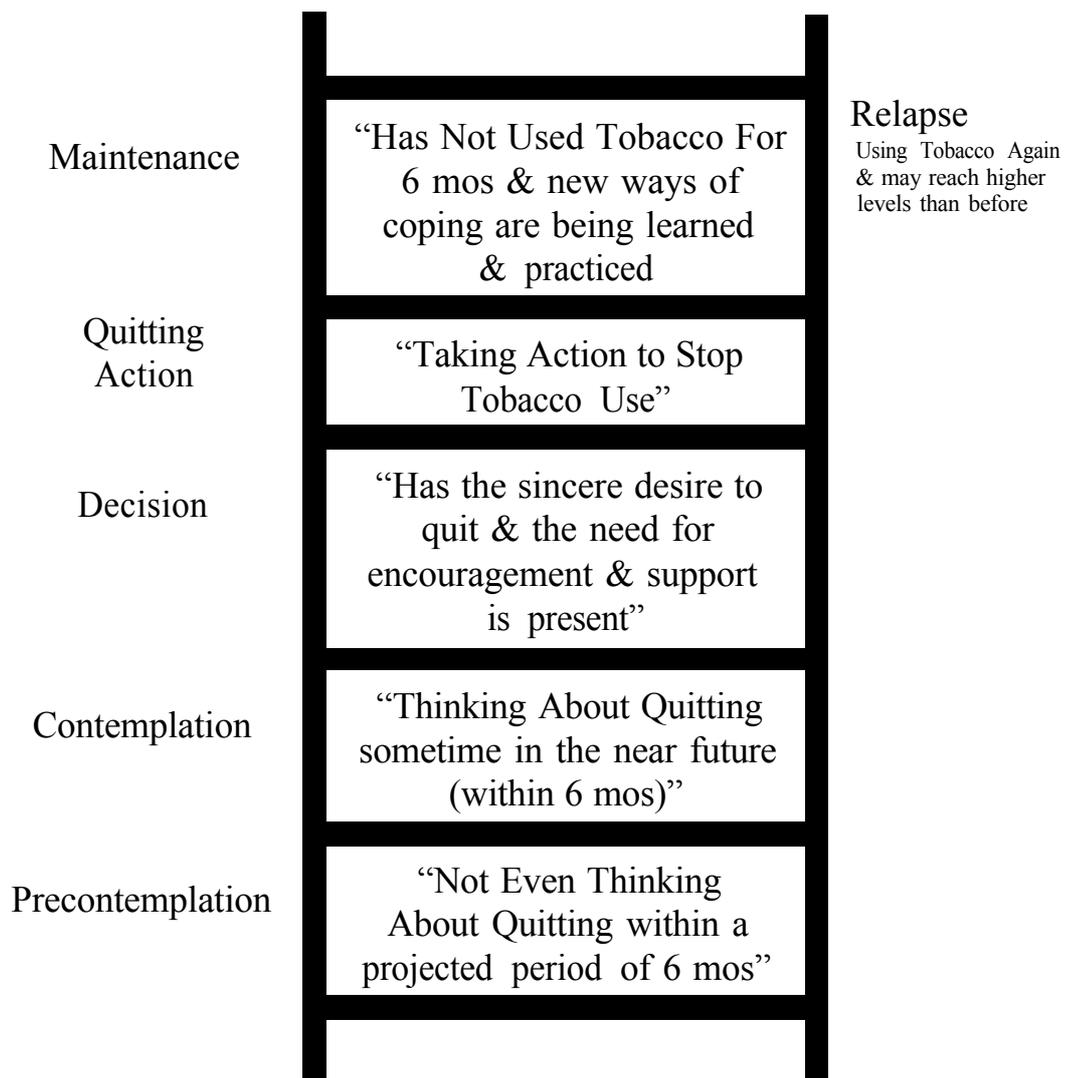


Dental Interventionist  
Training Guide

By conceptualizing quitting readiness as a series of progressive stages, Prochaska and DiClemente have provided valuable insights into the cessation process.

These six stages of change are as follows:

### STAGES OF CHANGE



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## IX. RATIONALIZATIONS

Quitting tobacco use is very difficult. Providing athletes with the best information will help them take this step. The following are “rationalizations” that you may hear and a response that you can use.

### RATIONALIZATION

### RESPONSE

I'm under a lot of stress and using dip or chew relaxes me.

Your body is used to nicotine, so you naturally feel more relaxed when you give your body a substance it has come to depend on. Nicotine is a stimulant! It raises your heart rate, blood pressure, and adrenaline level. Most tobacco users feel much less nervous just a few weeks after quitting.

Chewing makes me play baseball better.

Trouble concentrating can be a short-term symptom of quitting, but using tobacco actually deprives your brain of oxygen.

I've already cut down to a safe level.

Cutting down is a good first step, but there's a big difference in the benefits to you between using tobacco a little and not using it at all. After you've cut back for awhile, it's time to set a quit date.

It's too hard to quit. I don't have the willpower.

Quitting and staying away from tobacco is hard but not impossible. It's important for you to remember that many people have had to try more than once, and try more than one method before they have quit using tobacco, but they have done it, and so can you.

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Sometimes I have an irresistible urge for a dip.

This is a common feeling, especially within the first 1 to 3 weeks. The longer you're off tobacco, the more your urges probably will come at times when you used before, such as when you're hanging out with your friends or after a meal. These are high-risk situations, and you can help yourself by avoiding them whenever possible. If you can't avoid them, you can try to visualize in advance how you'll handle the desire for a dip if it comes up.

I blew it. I had a chew.

One chew or even a few doesn't mean you've "blown it." It does mean that you have to strengthen your determination to quit, and try again harder. Don't forget that you got through several days, perhaps even weeks or months, without a chew. This shows that you don't need tobacco and that you can be a successful quitter.

"I'm really addicted..."

"The first step is to admit that ... then the next step is for me to help you with the nicotine addiction while you learn to become tobacco free."

"I've tried those patches...they just don't have the same effect as smoking."

Confronting the addiction: "That's because you have a biochemical addiction, and nothing can really feel the same. Often people addicted to other drugs like cocaine or alcohol feel the same way."

"It's my right to chew if I want to ..."

Empathy/Exploration: "Of course, it's your right. A lot of people feel that way. Tell me more about what makes you feel that way so strongly."